

Branch Name:	B.Com
Program Code:	2CM101
Course Name:	Physical Education and Training-2
Course Code:	2CM1010622
Pre-requisite Course:	Basic knowledge regarding Physical Education and Training-1

Course Objectives:

1. After completion of this course, students will Physical Education (t h e o r y)Apply knowledge of physical education, and development, play, sports and games knowledge, history of physical education .
2. Use an understanding of history of yoga, satang yoga to effectively know about yoga in everyday life, further study in physical.
3. Learn health, health education personal hygiene, health problems-prevention and control.
4. Learning, motivation, instinct, emotion, stress personality and sociological aspects etc.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)				
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)		Practical (Marks)		Total (Marks)
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
3	--	-	3	70	30	-	-	100

Subject Contents:

Sr. No	Topic	Total Hours	Weightage (%)
1	Yoga & Lifestyle - Asanas as preventive measures - Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana - Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana - Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana - Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana	9	25%
2	Physical Activity & Leadership Training - Introduction to physical activity & leadership - Qualities & role of a Leader - Behaviour change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance) - Creating leaders through Physical Education - Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, - Mountaineering, Surfing and Para Gliding	9	25%

	Safety measures during physical activity and adventure sports		
3	Psychology & Sports - Definition & Importance of Psychology in Phy. Edu. & Sports - Define & Differentiate Between Growth & Development - Developmental Characteristics At Different Stage Of Development - Adolescent Problems & Their Management - Define Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning - Plateau & causes of plateau Emotion: Concept, Type & Controlling of emotion	9	25%
4	Training In Sports - Meaning & Concept Of Sports Training - Principles Of Sports Training - Warming up & limbering down - Load, Symptoms of Over-load, Adaptation & Recovery - Skill, Technique & Style Role of Free-play in the development of Motor Component	9	25%

Text Books:

- Sharma B.L. and Pratap Naresh, Physical Education, Jawahar Book Centre New Dehli.

Reference Books:

- Mitchell Stephen A., The essentials of teaching physical education, curriculum, assessment and instructions, Human kinetics publishers
- Sharma V.K., Health and Physical Education New saraswati house, New Delhi

List of Open Source Software/learning website:

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.	4-Analyzing
CLO2	Students will develop practical, theoretical skills in Physical Education	2 Understanding 5 Evaluating
CLO3	Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.	2 Understanding
CLO4	Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, SSC, NET, SET ETC.	3 Applying
CLO5	Procedure, Benefits & contraindications for Yoga.	2 Understanding
CLO6	Skill, Technique & Style development.	4-Analyzing

Mapping of CLOs with Pos & PSOs

Course Learning Outcomes (CLOs)	Program Outcomes (POs)	Program Specific
---------------------------------	------------------------	------------------

								Outcomes (PSOs)	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2
CLO1	L		M		L	M		H	
CLO2			L	M			L		H
CLO3	M		H		L				L
CLO4			L			L		H	
CLO5	L		H		H		L		H
CLO6	M			L		H			

H:High, M:Medium, L:Low